A TREAT FOR THOSE READY TO QUIT TOBACCO: NO-COST GROUP SESSIONS IN OCTOBER

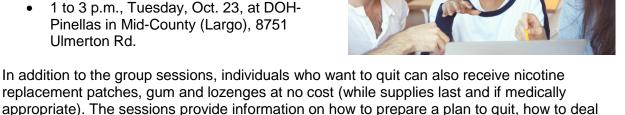
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Quitting smoking is hard, but having the right tools and support can make it easier. Get face-toface help in a group setting at the October Quit Your Way sessions from Tobacco Free Florida at two Florida Department of Health in Pinellas County (DOH-Pinellas) centers. The group sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost.

Two-hour sessions at DOH-Pinellas centers will be held on these dates:

- 10 a.m. to noon, Wednesday, Oct. 3, at DOH-Pinellas in St. Petersburg: 205 Dr. Martin Luther King Jr. St., N.
- 1 to 3 p.m., Tuesday, Oct. 23, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.



During October, and every month, numerous classes are held at other locations in Pinellas County, too. For information about other sessions or to register, call (813) 929-1000 or email info@gnahec.org. Go to www.tobaccofreeflorida.com/quityourway for other resources.

with cravings and what to expect during the process. The programs cover all forms of tobacco.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at @HealthyPinellas.

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